

Me Nyuam Mos Plus Noj Tsab Ntawv Ceeb Toom

Qhov Chaw Zov Me Nyuam Lub Npe:

Cov Mis Formula Rau Me Nyuam Mos Muaj Iron muab los ntawm Qhov Chaw Zov Me Nyuam:

Tag nrho cov me nyuam muaj npe zov hauv qhov chaw no, nrog rau cov me nyuam mos, muaj feem tsim nyog tau txais cov plusas noj los ntawm United States Department of Agriculture (USDA) Kev Zov Cov Me Nyuam thiab Cov Muaj Hnub Nyoog Khoom Noj Haus Qhov Kev Pab Cuam (Child and Adult Care Food Program, CACFP). Cov chaw zov me nyuam hauv qhov kev pab cuam tau txais nyiaj ntxiv rov qab los mus pab tus nqe ntawm cov plusas noj zoo rau lub cev uas muab rau cov me nyuam muaj npe zov. Cov plusas noj yuav tsum ua tau raws li CACFP kev noj haus cov cai rau cov me nyuam thiab cov me nyuam mos. Kom ua tau raws li CACFP cov lus hais kom ua qhov chaw zov no yuav muab cov mis formula thiab lwm yam koom noj haus rau cov me nyuam mos.

Yuav kom pab muab tau cov koom noj haus zoo tshaj rau koj tus me nyuam mos, thov teb kom tiav cov lus hauv qab no thiab muab xa rov qab mus rau qhov chaw zov me nyuam:

Tus Me Nyuam Mos Lub Npe thiab Lub Xeem:

Tus Me Nyuam Mos Hnub Yug:

Kuv to taub tias qhov chaw zov me nyuam yuav muab cov mis formula rau me nyuam mos muaj iron saum toj saud rau cov me nyuam mos raws li CACFP cov lus hais kom ua. ***Lus Cim: Cov chaw zov me nyuam kuj yuav hais kom cov niam cov txiv muab cov hwj ntim mis uas ntxuav huv si, thiab muaj daim ntawv lo rau ntawd txhua hnub.**

Yog tias koj pub mis formula rau koj tus me nyuam mos, kos tus cim (✓) rau ntawm IB QHO hauv qab no:

- Kuv nyiam kom qhov chaw zov me nyuam muab cov mis formula. **LOS YOG**
- Kuv mam muab cov mis formula rau kuv tus me nyuam mos.

Yog tias koj pub niam mis rau koj tus me nyuam mos, kos tus cim (✓) rau ntawm IB QHO hauv qab no:

- Kuv mam muab niam cov kua mis twb tso tau lawm. **LOS YOG**
- Kuv mam muab niam cov kua mis twb tso tau lawm thiab kom qhov chaw zov me nyuam muab cov mis formula pub ntxiv raws li qhov xav tau. **LOS YOG**
- Kuv mam muab niam cov kua mis twb tso tau lawm thiab mam muab cov mis formula pub ntxiv raws li qhov xav tau.

Kuv to taub tias qhov chaw zov me nyuam yuav muab me nyuam mos cov cereal thiab lwm yam koom noj haus rau cov me nyuam mos hnub nyoog muaj 4 hlis thiab loj dua yog lawv yeej loj hlob noj tau lawm raws li CACFP cov lus hais kom ua. Me nyuam mos cov koom noj haus muaj xws li txiv hmab txiv ntoo/zaub, nqaij/cov koom noj hloov tau nqaij, khaub cij los yog koom noj txom ncauj thiab cov tseem kua txiv tiag 100% uas muaj lub npe zoo rau USDA Me Nyuam Mos Plus Noj Tus Qauv (Infant Meal Pattern).

Kos tus cim (✓) rau ntawm IB QHO hauv qab no:

- Kuv nyiam kom qhov chaw zov me nyuam muab me nyuam mos cov cereal thiab me nyuam mos cov koom noj haus. **LOS YOG**
- Kuv mam muab me nyuam mos cov cereal thiab me nyuam mos cov koom noj haus rau kuv tus me nyuam mos.

****Qhov chaw no tsis tau hais los yog kom kuv yuav tsum muab me nyuam mos cov mis formula los yog koom noj haus rau kuv tus me nyuam mos. Kuv to taub tias kuv muaj qhov xav muab kuv tus me nyuam mos koom rau hauv CACFP.**

Niam Txiv/Tus Saib Xyuas Kos Npe

Hnub Kos Npe

U.S. Department of Agriculture txwv tsis pub cais neeg tsis raws cai rau nws cov neeg yuav koom los yog siv koom thiab tau txais nws cov kev pab (customers), cov neeg ua hauj lwm, thiab cov ua ntawv thov rau kev ua hauj lwm los ntawm haiv neeg, tsos nqaij daim tawy, keeb kwm teb chaws, hnub nyoog, muaj mob xiam oob qhab, poj niam txiv neej, nws hais tias nws yog poj niam los txiv neej (gender identity), kev ntseeg, kev ua pauj (reprisal), thiab nyob ntawm qhov siv rau, cov kev ntseeg kev tswj hwm teb chaws, muaj txij nkawm los yog tsis muaj, tsev neeg muaj me nyuam los yog muaj niam muaj txiv, kev plees kev yi txawv, los yog tag nrho los yog ib feem ntawm ib tug tib neeg cov nyiaj tau los yog tau los ntawm ib qho kev pab cuam twg, los yog raug tiv thaiv los ntawm caj ces hauv kev ua hauj lwm los yog hauv ib qho kev pab cuam twg los yog kev ua ub no muab kev coj ua los yog tau nyiaj los ntawm lub Department. (Tsis yog tag nrho cov kev txwv yuav siv rau tag nrho cov kev pab cuam thiab/los yog cov kev ua hauj lwm). Yog koj xav sau Neeg Txoj Cai qhov kev pab cuam ib daim ntawv tsis txaus siab hais txog kev cais neeg tsis raws cai, ua kom tiav Daim [USDA Program Discrimination Complaint Form](http://www.usda.gov/complaint_filing_cust.html), nrhiav tau online ntawm http://www.usda.gov/complaint_filing_cust.html, los yog nyob rau ntawm USDA ib qhov chaw ua hauj lwm twg, los yog hu rau (866) 632-9992 thov kom tau ib daim foos. Koj yuav sau koj ib tsab ntawv muaj tag nrho cov ntsiab lus hauv daim foos los tau. Xa koj daim foos ua tiav txhij txhua los yog tsab ntawv mus rau peb ntawm U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, xa raws fax (202) 690-7442 los yog xa email ntawm program.intake@usda.gov. Cov tib neeg uas lag ntseg, hnov lus tsis zoo los yog muaj teeb meem hais lus tsis tau yuav hu tau rau USDA ntawm Federal Relay Service ntawm tus xov tooj (800) 877-8339; los yog (800) 845-6136 (Spanish). USDA yog ib qhov chaw muab kev pab thiab yog ib tug tswv hauj lwm muab vaj huam sib luag rau sawv daws.



**CACFP Me Myuam Mos Pluas Noj Tus Qauv
Thaum Yug mus txog 11 Lub Hlis**



Kom ua tau raws li Kev Zov Cov Me Nyuam thiab Cov Muaj Hnub Nyoog Khoom Noj Haus Qhov Kev Pab Cuam (Child and Adult Care Food Program) cov cai tswj, nws yog lub luag dej num ntawm cov chaw zov me nyuam uas zov cov me nyuam mos los mus yuav tag nrho cov khoom ua pluas noj nyob rau ntawm Me Nyuam Mos Pluas Noj Tus Qauv (Infant Meal Pattern) raws li cov hnub nyooog sib txawy ntawm cov pab me nyuam zov. Me Nyuam Mos Pluas Noj Tus Qauv teev cov khoom noj uas yuav muab rau cov me nyuam mos txij thaum yug mus txog 11 lub hlis. Me nyuam mos pluas noj yuav tsum muaj cov khoom teev hauv qab no raws li qhov kom muab rau nws pab hnub nyooog kom thiaj li tau txais cov nyiaj ntxiv rov qab. Cov khoom noj haus hauv plus noj tus qauv yuav tsum muab xwm yeem kom phim rau txoj kev loj hlob ntawm tus me nyuam mos thiab muab rau tus me nyuam noj kom yog lub caij thiab haum raws li qhov nws keev noj niaj hnub; piv txwv, cov khoom noj rau thaum noj sus kuj yuav muab rau noj ob zaug thaum lub sij mruab nrab ntawm 12 teev hnub ntseg thiab 2 teev tav su. Cov khoom tawv yuav tau maj mam muab sim ib qho zuj zus rau cov me nyuam mos thaum nws loj hlob noj tau lawm thiab raws li niam txiv qhia kom muab.

Yam khoom noj haus teev hauv qab no uas muaj tus cim “•” qhia tias yog yam yuav tsum tau muab rau tus me nyuam mos xwv kom thiaj li hais tau kom ntxiv nyiaj rov qab rau plus noj ntawd. Yam khoom teev tias “Thaum noj tau lawm (When developmentally ready)” kom muab rau thaum tus me nyuam lub cev loj hlob txais tau cov khoom noj haus nkauz xwb.

Thaum yug txog 3 lub hlis	4 txog 7 lub hlis	8 txog 11 lub hlis
Noj Tshais		
<ul style="list-style-type: none"> 4–6 fl oz formula¹ los yog niam mis^{2,3} 	<ul style="list-style-type: none"> 4–8 fl oz formula¹ los yog niam mis^{2,3} <p align="center"><u>Thaum noj tau lawm</u> 0–3 T me nyuam mos cereal¹</p>	<ul style="list-style-type: none"> 6–8 fl oz formula¹ los yog niam mis^{2,3} thiab 1–4 T txiv hmab txiv ntoo los yog zaub los yog ob qho tib si thiab 2–4 T me nyuam mos cereal¹
Noj Sus/Noj Hmoob		
<ul style="list-style-type: none"> 4–6 fl oz formula¹ los yog niam mis^{2,3} 	<ul style="list-style-type: none"> 4–8 fl oz formula¹ los yog niam mis^{2,3} <p align="center"><u>Thaum noj tau lawm</u> 0–3 T me nyuam mos cereal¹ thiab/los yog 0–3 T txiv hmab txiv ntoo los yog zaub los yog ob qho tib si</p>	<ul style="list-style-type: none"> 6–8 fl oz formula¹ los yog niam mis^{2,3} thiab 1–4 T txiv hmab txiv ntoo los yog zaub los yog ob qho tib si thiab 2–4 T me nyuam mos cereal¹ los yog hloov chaw ntawm me nyuam mos cereal koj muab tau nqaij/cov khoom noj hloov nqaij <ul style="list-style-type: none"> 1–4 T nqaij, ntses, nqaij qaib, nkaub qes, noob taum qhuav hau siav los yog noob taum mog; los yog ½–2 oz cheese; or 1–4 oz (qhov ntau) cottage cheese; los yog 1–4 oz (qhov hnyav) cheese khoom noj, cheese pleev los yog koj muab tau me nyuam mos cereal thiab nqaij/khoom noj hloov nqaij
Khoom Txom Ncauj		
<ul style="list-style-type: none"> 4–6 fl oz formula¹ los yog niam mis^{2,3} 	<ul style="list-style-type: none"> 4–6 fl oz formula¹ los yog niam mis^{2,3} 	<ul style="list-style-type: none"> 2–4 fl oz formula¹ los yog Niam mis^{2,3} los yog kua txiv⁴ <p align="center"><u>Thaum noj tau lawm</u> 0–½ khauj cij ua tej daim⁵ los yog 0–2 khaub noom xo tawg (crackers)⁵</p>

¹Me nyuam mos mis formula thiab me nyuam mos cereal qhuav yuav tsum muaj iron.

²Niam mis los yog formula, los yog ib me qhov ntawm ob qho, kuj yuav muab tau rau noj; li cas los, xav hais kom muab niam mis pub rau hloov qhov chaw cov mis formula txij thaum yug mus txog 11 lub hlis.

³Rau ib cov me nyuam noj niam mis uas kheev noj tsawg dua qhov yuav tsum tau noj txhua zaus pub rau tus me nyuam, yuav tau pub niam mis ntxiv rau yog tias tus me nyuam mos tseem tsaiab plab.

⁴Yog cov tseem kua txiv hmab txiv ntoo tiag.

⁵Qhov muab yam khoom no rau tus me nyuam mos noj yuav tsum yog ua los ntawm cov noob npleg (whole-grain) los yog yog cov muaj zoo plus los yog hmoov nplej.